

Ratatouille Risotto

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/garlic-roasted-japanese-eggplant-recipe>

Ingredients:

- 1 1/2 cups bell peppers diced
- 1 1/2 cups Japanese eggplant diced
- 1 1/2 cups zucchini diced
- 1 1/2 cups yellow squash diced
- 1 tablespoon balsamic vinegar
- 3 tablespoons olive oil
- 3 basil leaves fresh, torn
- fresh thyme leaves
- 2 tablespoons flat leaf parsley fresh, chopped
- 15 ounces San Marzano tomatoes whole
- 5 cups vegetable stock
- 1 tablespoon olive oil
- 2 shallots small, minced
- 6 cloves garlic minced
- 1 cup arborio rice
- 1/2 cup dry white wine
- 2 bay leaves
- 1 tablespoon lemon zest grated
- 1 cup parmigiano reggiano cheese plus more for serving
- coarse salt
- freshly ground pepper

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 15 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 18 grams

7. SaturatedFat: 6 grams
 8. Sodium: 1800 milligrams
 9. Sugar: 11 grams
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